

HARBORVIEW ABUSE & TRAUMA CENTER EDUCATION FORUM

THE METABOLIC BREAKDOWN OF PTSD AND PREVENTION STRATEGIES

Dr. Jennifer Coomes (DCN)

Executive Director, Essence Health & Research (EH&R)

This webinar will cover the foundational criteria of Post Traumatic Stress Disorder (PTSD) while sharing innovative research on this mental health condition regarding its metabolic components that mimic conditions like Metabolic Syndrome (MetS) and Diabetes, thereby increasing risk for these conditions and other chronic diseases. Participants will learn more about these essential connections, the potential gaps in pre-trauma, peri-trauma, and post-trauma care, blood lab assessments, and important therapies to consider from a metabolic, clinical nutrition, and natural therapy approach to help prevent and solve the metabolic imbalances that can perpetuate PTSD into a deteriorating chronic condition. This webinar is designed to give hope and innovative approaches for PTSD care from an integrative approach to help prevent and reduce the progression of PTSD for abuse and trauma survivors.

DATE

FRIDAY, NOVEMBER 8

TIME

10:00 - 11:30 AM PST

REGISTER

[LINK HERE](#)

MORE INFO

This webinar is free and registration is required. Contact us with questions, to be added to the listserv, or to request accommodations (please allow 2 weeks notice): bharvey1@uw.edu



[HTTPS://DEPTS.WASHINGTON.EDU/
UWHATC/EDUCATION-FORUM/](https://depts.washington.edu/uwhatc/education-forum/)

UW Medicine

HARBORVIEW
MEDICAL CENTER